

This diploma work is engaged in the problems of the games of motion in volleyball and their effect for the development of the special volleyball motion efficiency in the younger school age.

The work introduces volleyball as a sport, describes the biological regularities of the younger school aged pupil and mentions the elementary schools with the extended teaching of volleyball.

The main subject of the work is the set of the games of motion, which can be the methodical help for the teachers and trainers.

The work tests the effect of this set for the development of the special volleyball motion efficiency in the younger school age.